

Otmar's Riebel

The original in the iron pan

For 4-6 persons

Recipe tip from the Ganahl family, landlords in Wald am Arlberg (Haus Ganahl, Verwall Apartment Arlberg)

A traditional "heart dish" of the Vorarlberg people

Riebel used to be eaten for breakfast, so that one could start satiated and with a lot of strength into the hard working day at that time. It was very nutritious and was considered in earlier times mainly as a meal for poor people or peasant families. Today, Riebel is also eaten for lunch, dinner or as a sweet dessert. Many put the riebel on the day before and then cook it the following day. Some use half wheat and half cornmeal (polenta). However, there is no single Riebel recipe in Vorarlberg - everyone makes it their own way.

We received this recipe, which has been passed down for generations, from the Ganahl family in Wald am Arlberg. Otmar's mother and grandmother always cooked the Riebel this way and so does Otmar today. Very important for him: The Riebel must be cooked in an iron pan with an iron cooking ladle on the wood stove. That's how it would taste best!

Good luck!

Ingredients:

- 100 g clarified butter
- 450 ml milk
- 450 ml water
- 1 heaped teaspoon salt
- 400 g wheat grits



Preparation:

- Melt clarified butter in a pan. Add milk, water and salt.
- Then add the semolina and cook for about 20-30 minutes over high heat, stirring constantly.
- Attention: The base must not stick.
- When the crust is loose and "crumbly", it is ready and can be sprinkled with sugar and served with milk, coffee or applesauce.